

Mytox Manufacturing: A WELLNESS DIVISION

Warm smiles, cheerful greetings, and a friendly environment are what you get when you walk through the doors at Mytox.

Management knows that happy and healthy employees are the key to success in any business. Recently, the Senior Management team at Mytox has taken steps towards improving the standards of health around the facility, which has ultimately boosted employee health and morale.

Let's start in the cafeteria. Vending machines can promote negative choices, unhealthy eating, and encourage lack of meal preparation. But what if there was a healthier option? Maxx healthy vending, a Canadian company, had the solution. The vending machine contains options like mixed nuts, oatmeal, healthier granola bars, and protein bars. The bottom half of the machine is refrigerated, for refreshing drinks like carbonated water and coconut water. Maxx vending also donates a portion of their profit to the Canadian Breast Cancer Foundation.

The number of unhealthy items being removed/replaced doesn't stop there. Styrofoam and plastic cups/plates have also been reduced, and replaced with eco-friendly options. The best alternative to a plastic cup, is a glass mug. Plenty of mugs for coffee/tea drinkers are available in the lunchroom, and employees have been encouraged to bring their own canteens from home. Less plastics/styrofoam also means less waste, which is a direct cost savings to the division.

Simple and easy initiatives to improve employee awareness of their health have also been implemented. A brand new blood pressure machine has been placed in the first aid room, which came as a result of the health screenings that took place on site. A new wellness board and stand for lunch break reading material has also been added to educate employee on health tips.

Exercise classes have been a huge hit at Mytox. Both yoga and zumba classes have been provided by the Magna Wellness team for all 3 shifts.

Led by a Wellness Coordinator, these classes have not only boosted employee morale, but also encouraged employees to engage in physical activity.

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If a coordinator could not be present, Mytox purchased a number of yoga/zumba videos which they project onto a screen to lead the class and keep the initiative going. What better way to keep employees happy and healthy than providing exercise at the workplace? So far, around 75 employees are participating in the classes across the 3 shifts, and the feedback has been nothing but positive. From beginners to experienced yogis, the division has come together for exercise and stress relief. Yoga mats and exercise balls have also been purchased for employee use.

Boardroom meetings have also become healthier. Mytox has found a healthy catering option in a company called Pumpnickel's. They deliver fresh salads, soups, and sandwiches that are much healthier than the average delivery service. Freshii, located just down the street, has also been used for a healthier lunch option.

Over the years, Mytox has engaged in every facet of the Magna Wellness program. Monthly employee meeting presentations are very well received by all the employees, and keep the division informed about what is going on with the program. Mytox has done it all, from health screenings to smoking cessation programs, Diabetes Scout DS program, weight loss and fitness challenges, exercise bikes in the lunchroom—and so much more! The employees are healthy, happy, and always looking for more information on how they can improve their health.

When it comes to health and wellness, Mytox is ahead of the curve. HR Manager Julie Wagner has lost over 30 pounds, and is an excellent example of the healthy living that goes at this division.

Healthy employees are happy employees. Happy employees are more productive, and create a better work environment for everyone.

Don't believe me? Take a walk through Mytox, and you'll understand the importance of health and wellness in the workplace.

MYTOX MANUFACTURING

SUMMER is here!

Time to get ready for great weather and outdoor fun. Before we get out there, we need to be mindful of the sun and how it can affect us.

Exposing our skin to the sun provides us with vitamin D, but it can also cause harm to our skin cells. The sun emits two types of ultraviolet rays, UVA and UVB. UVA rays penetrate deep into the layers of the skin which can cause premature aging, sun spots or skin cancer. UVB rays are shorter in wavelength and damage the top layers of the skin and may cause sunburns or cause skin cancer. Here are some tips to help reduce your risk of skin damage and stay healthy while exposed to the sun.

Before heading out, make sure you check the UV index. This can help you decide what sun protection to wear, and how long you can leave your skin exposed to the sun.

| ☀ | ☀☀ | ☀☀☀ | ☀☀☀☀ | ☀☀☀☀☀ |
|--|---|--|---|--|
| LOW 0–2 UV | MODERATE 3–5 UV | HIGH 6–7 UV | VERY HIGH 8–10 UV | EXTREME 11+ UV |
| Minimal protection required. Wear sunscreen if outside for 1+ hours. | Minimum 30 minutes outside requires protection. | Sun protection is required at all times. Reduce time in the sun. | Extra protection. Unprotected skin will burn quickly. | Full protection. Avoid peak sun hours (11 am–4 pm, April–September). Avoid areas that reflect sun rays—sand and water. |

1 WEAR SUNSCREEN!

Sunscreen helps absorb or reflect some of the sun’s UV radiation—protecting the skin from sunburns.

SPF: Sun protection factor, a measure of how well the sunscreen reflects UVB rays. The higher the SPF, the better the protection.

Look for a broad spectrum sunscreen (UVA and UVB protection).

Apply it often—at least once every 2 hours and more frequently if sweating.

2 WEAR A HAT!

Look for a wide brim hat which covers the eyes, ear, face and back of the neck.

3 BEST CLOTHING FOR SUN PROTECTION

Tight knit, loose fitting, polyester and rayon fabric.

4 STAY HYDRATED

Drink at least one cup of water every 15–20 minutes if you are out in the sun and sweating.

5 TIME OF DAY

Avoid peak sunlight hours (11 am–4 pm).

Summer is a great time to be outdoors, so let’s make sure we have a happy and healthy summer!

SUMMER myths

SHOULD YOU pee on a jellyfish sting?



NO. Studies have not supported this method, and urine may even worsen the sting. If do you get stung by a jellyfish, remove the tentacles right away. You can brush them off with a credit card or other plastic object and use shaving cream to get the tentacles to release. You also can use seawater to wash off the tentacles, but avoid any vigorous rubbing because this can cause the jellyfish’s nematocysts to fire, which means the barbed part of the tentacles would release more toxin into your skin. Once you remove the tentacle, treat the pain by immersing the area in hot water (104–113 degrees F) for 20 minutes.

CAN EATING CERTAIN FOODS HELP to keep mosquitoes away?



NO. It is true that some people seem tastier to mosquitos than others but unfortunately consuming certain foods cannot make you seem less appealing. Genetics and body chemistry account for a whopping 85% of our susceptibility to mosquito bites. People with higher concentrations cholesterol on their skin surface, have diabetes, or are overweight tend to attract mosquitoes. Want to prevent becoming a mosquito’s next victim? Try oil of lemon eucalyptus. It is available under the Repel brand name and offers protection similar to low concentrations of chemical repellants. Lemon eucalyptus is safe for children older than 3 years.

BURNING FACTS

about

SUNSCREEN

DID YOU KNOW THAT SUNSCREEN DOES MORE THAN JUST PROTECT YOU FROM GETTING A BURN?

Sunscreen helps to protect your skin from ultraviolet (UV) rays. Studies show that 90% of melanomas (the deadliest form of skin cancer) develop from overexposure to UV rays, from direct sun exposure AND tanning beds.

HARMFUL SUNSCREEN INGREDIENTS ARE JUST AS HARMING TO YOUR BODY!

| DOs | DON'Ts |
|---|---|
| Ingredients to look for are Zinc Oxide and Titanium Dioxide | Ingredients to avoid include Oxybenzone, Octinoxate, Homosalate |

TIP: Some oils contain natural SPF protection:

- Coconut Oil (SPF 4–6)
- Almond Oil (SPF 5)
- Red Raspberry Seed Oil (SPF 25–50)
- Carrot Seed Oil (SPF 35–40)

SUNSCREEN ISN'T THE ONLY WAY TO STAY SAFE IN THE SUN

- Stay hydrated with water
- Get electrolytes after excessive time outside (e.g. coconut water)
- Wear UV protective sunglasses
- Apply sunscreen regularly
- Wear protective clothing and a hat when possible
- Stay in the shade and listen to your body!



[melanoma.org/understand-melanoma/preventing-melanoma/facts-about-sunscreen](https://www.melanoma.org/understand-melanoma/preventing-melanoma/facts-about-sunscreen)



PROTECT YOUR EYES FROM THE SUN

With the summer season around the corner, sun protection is an important topic that should be discussed.

When it comes to the sun, the vast majority of people know that it is important to take proper precaution to protect your skin. Proper protection for your eyes however, is often overlooked.

Ultraviolet (UV) radiation from the sun can cause damage to the eyes, including cataracts, benign growths on the eye's surface, cancer of the eyelids and skin around the eyes, and macular degeneration.

HERE ARE OUR TOP 3 TIPS TO HELP YOU PROTECT YOUR EYES FROM THE SUN:

WEAR A GOOD PAIR OF SUNGLASSES

Sunglasses should be worn all year round whether you are working, driving, participating in sports, taking a walk or running errands.

Here are a few things you should look for when choosing a pair of sunglasses:

BLOCK 90–100% OF BOTH UVA AND UVB RADIATION. If the label doesn't say it blocks out UVA and UVB radiation, you should look for a different pair.

HAVE A GOOD FIT. The top of your sunglasses should line up with your eyebrows.

HAVE A UNIFORM TINT. The lenses should not be darker in one area and lighter in another.



There are also some lens options that can enhance vision for particular activities, such as:

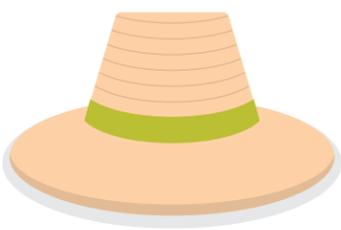
POLARIZED LENSES: reduce reflected glare from sunlight that bounces off snow or water, and add comfort to enhance vision when cross-country skiing, fishing or driving.

"BLUE-BLOCKING" LENSES: help make distant objects easier to see, especially in snow or haze, which is great for skiers, boaters and hunters.

POLYCARBONATE LENSES: provide impact protection, an important option for potentially hazardous work, sports and other activities.

WEAR A HAT

Wearing a hat can help shade your eyes, which helps to further protect them from the sun. According to the Skin Cancer Foundation, choosing a hat with a brim of 3" all around can block up to 50% of all UVB rays from your eyes and eye lids.



SEEK SHADE WHEN OUTSIDE

If possible, seek shaded areas when outside, in particular during the hours between 10 am and 2 pm. Remember that although it may be an overcast or cloudy day, you are still exposed to UV rays from the sun and susceptible to damage.



SUMMER WORKOUT TIPS from Magna Wellness

CHRISTINA'S TIP

Think Electrolytes!



Working out in the warm weather means more sweat and calories burned! Woo-hoo! But it's also very important to replenish those lost electrolytes fast after a workout. My personal favourite is organic unsweetened coconut water—low in sugar and unhealthy additives normally found in sports drinks and delicious!

NICOLE'S TIP

Start Slow!



It can be tempting to jump right back into the workout routine you had last summer or start a new routine too aggressively. Both of these options will likely leave you tired, sore, or injured. Instead set realistic goals and create a balanced routine that you can stick to.

JUSTIN'S TIP

Stop Exercising, Start Training



There is a big difference between exercising and training. Training means structuring your workouts for a specific performance goal, like a race or an athletic event. Training for a specific event helps keep you motivated and on task. During the summer months there are many fitness events available, sign up and start planning!

KRISTA'S TIP

Get Active Outside!



Hike your hometown! Every weekend we plan a family hike in one of the provincial trails near our home. This is a great way to stay active outdoors, get to know your surrounding community, and involve the entire family (puppy included!). The change in terrain (going up hills and down hills) helps to vary our intensity level and we occasionally change the hike to a run to further the challenge!

Check out our reviews page and articles on magnawellness.ca on goal setting and some great exercise recommendations.



aoa.org/newsroom/when-it-comes-to-sunglasses-looks-arent-everything
skincancer.org/prevention/sun-protection/for-your-eyes/protect-your-eyes

HOW LONG SHOULD YOU WAIT to swim after you eat?



THERE IS NO RIGHT OR WRONG ANSWER; it will vary based on the individual and how much food was eaten. Swimming on a full stomach may give you cramps because whenever your stomach fills with food, its muscles contract and require large amounts of blood. When you exercise vigorously, your heart pumps large amounts of blood to your skeletal muscles. If your heart is not strong enough to pump blood to both your stomach and your skeletal muscles, blood is taken from your stomach muscles causing cramping. However, most people can exercise after eating without suffering stomach cramps because their hearts are strong enough to pump blood to both their exercising muscles and their stomach muscles.

CAN YOU GET A COLD from air conditioning?



NO. While the air conditioning will not make you catch a cold, extreme changes in temperature can weaken your immune system and if those around you have a cold, you could be more susceptible. So while cold air alone won't make you sick, jumping from the sweltering heat to the icy cool freshness of your air conditioned home can make you more susceptible to catching a virus. The best thing to do is avoid extreme heat whenever possible and keep your air conditioning at a refreshing but moderate level. This will prevent your body from feeling excessive fluctuations and allow for more gradual body temperature changes.



THE GRILLING FACTS ABOUT THE GRILL

Let's first look at some of these chemical bi-products:

AGES

Advanced Glycation End Product

Cooking at high temperatures can cause a chemical reaction between fat and sugars, creating an end product known as AGE.

Although more research is required, AGEs can potentially increase inflammation in the body, which can lead to conditions like diabetes and cardiovascular disease.

PAHs

Polycyclic Aromatic Hydrocarbon

Produced when fat and juices from meat drip onto hot coals or stones; they deposit back on the meat by smoke and flare ups. Known as free radicals which damage DNA and cause cancer in animals.

HCAs

Heterocyclic amines

Another classified carcinogen produced when amino acids in meat react at temperatures above 300F.

Summer is almost synonymous with grilling for most families.

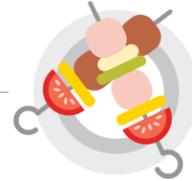
Delicious food and the warm outdoors makes it a favourable meal prep method. However studies show grilling meat at high temperatures can create chemical reactions that can potentially produce dangerous chemicals in food. Should you avoid the grill?

Luckily there are strategies to help make grilling healthier, without having to say goodbye to your bbq machine. Tips to make a healthier grilled meal:



MARINATE AWAY!

Marinating meat before tossing it on the grill has been known reduce the amount of PAHs released in the air. The marinade acts as a barrier, keeping the flames from touching the meat. One study shown adding rosemary to your marinade reduces exposure to PAHs by as much as 90%!



HEAD START BEFORE THE GRILL

The longer meat is cooked at high temperatures, the more HCA and PAHs produced. Limit this by pre-cooking meat before throwing it on the grill. Cutting meat into smaller portions also reduces cooking time.



TRIM AWAY

Buy skinless meat or trim the fat off the meat before grilling to limit fat dripping onto the coals or stones.



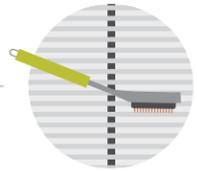
TEMP CHECK

To prevent cooking at higher temperatures, use a thermometer to regulate how hot the grill gets. Burgers should be cooked at 160 degrees F, chicken at 165 F. Make sure to place the thermometer in the thickest part of the meat. Turn the gas down or wait for the charcoal to become low burning before grilling.



ADD COLOUR – LOTS OF IT

Adding colourful vegetables, especially cruciferous vegetables provides a dose of anti-oxidants and anti-inflammatories which can work towards changing the way your body responds to dangerous free radicals like PAHs.



CLEAN IT

Make sure the grill is clean to avoid cooking on leftover grease and char pieces. Try a non-wire brush.

BOTTOM LINE

If your current diet is high in processed foods and red meat, the first step would be to add more fresh plant-based foods into your meals and swap red meat for leaner meats, before worrying about the potentially dangerous effects of the grill. If your diet is already high in whole foods and quality protein, then start tweaking your grilling methods using the tips mentioned and make sure the majority of meals are cooked at low temperatures—poaching, steaming, and boiling are best.



GRILLED rosemary SWEET POTATOES

INGREDIENTS

- 1 LB orange sweet potatoes, peeled and cut into ¼ inch slices
- 2 TBSP extra virgin olive oil
- PINCH Sea salt
- PINCH Freshly ground black pepper
- 2 SPRIGS rosemary

DIRECTIONS

1. Preheat grill to medium-high.
2. Toss sweet potatoes with olive oil, salt and pepper.
3. Lay out a 20-inch piece of heavy duty foil. Spread the sweet potatoes onto one half of the foil paper and spread the rosemary on the other side. Fold the other half over the top and crimp the edges up to seal the foil well. If needed, wrap another foil around for a better seal.
4. Place foil over heat, cover and cook for approximately 25 minutes, flipping it with tongs and moving it around the grill every once in a while.
5. To serve, open the foil and discard rosemary.

Serves 4

cook.nourisrevolution.com/2012/05/grilled-rosemary-sweet-potatoes/

FOR MORE articles, employee stories, quizzes, and recipes, please visit magnawellness.ca

WE WOULD LOVE TO HEAR FROM YOU!

Send your suggestions/comments to Magna Wellness at:

141 Staffern Drive, Concord, Ontario L4K 2R2

E wellness@magna.com
P (905) 726-7490

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